



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Advanced Eat Smart Center #6

WEEK OF Week 1

YEAR 2012

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Breakfast Burrito				Ham Muffin
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 2x fresh F/V</b>	Orange Wedges- fresh	Apple Wedges- fresh	Baked Pears- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Wheat Tortilla (WG)	Cheerios cereal (WG)	Oatmeal (WG)	Corn Flakes cereal	Toasted Whole Wheat English Muffins (WG)
Other Foods <b>3x Meat/Meat Alternate</b>	Scrambled Eggs, Cheese	Peanut Butter			Ham Patty
<b>LUNCH</b>	Grilled Cheese Sandwich	Fish Sandwich (CN)	Meatloaf (HM)	Grilled Ham and Cheese Sandwich	Chicken Quesadillas
Fluid Milk	Skim Milk	Skim Chocolate Milk	Skim Milk	Skim Chocolate Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Tomato Soup- canned	Corn on the Cob- frozen	Mashed Potatoes- dried	Carrot Sticks- fresh	Romaine and Tomato Salad- fresh
<b>5x fresh</b>	Celery- fresh	Mandarin Oranges- canned, unsweetened	Peas- canned	Cantaloupe- fresh	Orange Wedges- fresh
Grains/Bread Component <b>5x Whole Grain</b>	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Cheese; Peanut Butter	Fish Wedge (CN)	Ground Beef	Ham, Cheese	Chicken, Cheese
Other Foods		Margarine	Ketchup	Ranch Dressing	Salsa
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk	Skim Milk			Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole fruits/vegetable</b>	Grapes- fresh	Pears- canned, unsweetened	Orange Wedges- fresh	Applesauce- unsweetened	Strawberries- fresh
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Whole Wheat Crackers (WG)	Whole Grain Simply Chex Cheddar (WG)	Whole Wheat Crackers (WG)	Animal Crackers	Graham Crackers
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>			Hardboiled Egg		Yogurt
Other Foods					



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Toasted Cheese Sandwich				
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 3x fresh F/V</b>	Mixed Fruit- frozen, unsweetened	Orange Wedges- fresh	Kiwi- fresh	Apple Wedges- fresh	Fruit Cocktail- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Whole Wheat Toast (WG)	Cheerios cereal (WG)	Whole Wheat Toast (WG)	Banana Pancakes	Honey and Oat Blenders cereal
Other Foods <b>2x Meat/Meat Alternate</b>	Cheese		Hard Boiled Egg	**no syrup**	
<b>LUNCH</b>	Turkey and Cheese Roll-Ups	BBQ Chicken Strips (HM)	Salisbury Steak (CN)	Cheeseburger	Chili Con Carne and Beans
Fluid Milk	Skim Milk	Skim Chocolate Milk	Skim Milk	Skim Milk	Skim Chocolate Milk
2 Servings of Fruit and/or Vegetables <b>3x fresh</b>	Potato Smileys- frozen	Green Beans- canned	Mashed Potatoes- dried	Cucumber Sticks- fresh	French Fries- frozen
	Mandarin Oranges- canned, unsweetened	Mixed Fruit- canned, unsweetened	Carrots- fresh	Cantaloupe- fresh	Peaches- canned, unsweetened
Grains/Bread Component <b>5x Whole Grain</b>	Whole Wheat Tortillas (WG)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Hamburger Bun (WG)	Whole Wheat Crackers (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Turkey, Cheese	Chicken	Salisbury Steak (CN)	Ground Beef, Cheese	Ground Beef, Chili Beans
Other Foods		BBQ Sauce, Margarine	Margarine	Ranch Dressing; Ketchup	Ketchup
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>				Peanut Butter and Jelly Sandwich	
Fluid Milk		Skim Milk		Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>4x whole fruits/vegetable</b>	Pineapple- canned, unsweetened	Strawberries- fresh	Apple Wedges- fresh		Mixed Fruit- frozen, unsweetened
Grains/Bread Component <b>3x Whole Grain</b>	Whole Grain Orange Grahams (WG)	Graham Crackers		Whole Wheat Bread (WG)	Toasted Whole Wheat English Muffin (WG)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Cottage Cheese		Cheese Wedges	Peanut Butter	
Other Foods <b>1x sweet</b>			100% Orange Juice	Jelly (sweet)	Cream Cheese

MO 580-1463 (6-04)

\*Sweet Snack includes sweet items and grain-based snack chips/croissants

\*\*WG = whole grain

\*\*\*HM = home made

CACFP-218



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		Strawberry Oatmeal	Cinnamon Toast		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Pears- canned, unsweetened	Strawberries- fresh	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Mixed Fruit- frozen, unsweetened
Grains/Bread Component <b>4x Whole Grain, 1x sweet</b>	Whole Wheat English Muffins (WG)	Oatmeal (WG)	Whole Wheat Toast (WG)	Whole Grain Bran Flakes cereal (WG)	Muffin Square (sweet)
Other Foods <b>2x Meat/Meat Alternate</b>	Cheese Wedge		Cinnamon		Yogurt
<b>LUNCH</b>	Breakfast Burrito (HM)	Chicken Patty with Cheese Sandwich (CN)	Chicken Pot Pie (HM)	Spaghetti with Meat Sauce	Beef Stew
Fluid Milk	Skim Milk	Skim Chocolate Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables  <b>3x fresh</b>	Hash Browns- frozen	Sweet Potato Tots- frozen	Peas and Carrots- frozen	Broccoli- fresh	Mixed Vegetables- frozen
	Mixed Fruit- canned, unsweetened	Kiwi- fresh	Orange Wedges- fresh	Applesauce- unsweetened	Peaches- canned, unsweetened
Grains/Bread Component <b>5x Whole Grain</b>	Whole Wheat Tortilla (WG)	Whole Wheat Bun (WG)	Whole Wheat Biscuit (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Dinner Rolls (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Scrambled Eggs, Cheese	Chicken Patty (CN), Cheese	Chicken	Ground Beef	Beef
Other Foods				Spaghetti Sauce	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>			Cheese Crackers		Grilled Cheese Sandwich
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Orange Wedges- fresh		Grapes- fresh	Fruit Cocktail- canned, unsweetened	
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Whole Grain Simply Chex Cheddar (WG)	Graham Cracker	Whole Wheat Crackers (WG)		Whole Wheat Bread (WG)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>		Yogurt	Cheese Wedges		Cheese
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		Peanut Butter Banana French Toast	Ham Muffins	Toasted Cheese Sandwich	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 2x fresh F/V</b>	Pears- canned, unsweetened	Banana Slices- fresh	Peaches- canned, unsweetened	Cantaloupe- fresh	Peaches- canned, unsweetened
Grains/Bread Component <b>5x Whole Grain, 0x sweet</b>	Whole Grain Bran Flakes cereal (WG)	Whole Wheat French Toast (WG)	Toasted Whole Wheat English Muffins (WG)	Whole Wheat Bread (WG)	Cheerios cereal (WG)
Other Foods <b>3x Meat/Meat Alternate</b>		Peanut Butter; **no syrup**	Ham Patty	Cheese	
<b>LUNCH</b>	Turkey and Cheese Sandwich	Macaroni and Cheese (HM)	Chicken Quesadillas	Tater Tot Casserole	Beef and Bean Burrito (HM)
Fluid Milk	Skim Milk	Skim Chocolate Milk	Skim Milk	Skim Chocolate Milk	Skim Milk
2 Servings of Fruit and/or Vegetables <b>5x fresh</b>	Carrot Sticks- fresh	Peas and Carrots- frozen	Romaine and Tomato Salad- fresh	Green Beans- frozen	Romaine and Tomato Salad- fresh
	Fruit Cocktail- canned, unsweetened	Grapes- fresh	Orange Wedges- fresh	Mandarin Oranges- canned, unsweetened	Apricots- canned, unsweetened
Grains/Bread Component <b>5x Whole Grain</b>	Whole Wheat Bread (WG)	Whole Wheat Elbows (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Turkey, Cheese	Cheese	Chicken, Cheese	Ground Beef	Ground Beef, Beans
Other Foods	Ranch Dressing		Salsa	Tater Tots- frozen	Salsa
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk	Skim Milk	Skim Milk		Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>4x whole fruits/vegetable</b>	Apple Wedges- fresh		Pineapple- canned, unsweetened	Kiwi- fresh	Strawberries- fresh
Grains/Bread Component <b>3x Whole Grain, 1x sweet</b>	Whole Wheat English Muffins (WG)	Animal Crackers	Whole Grain Orange Grahams (WG)	Whole Grain Simply Chex Cheddar (WG)	Yellow Cake (sweet)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Peanut Butter	Yogurt	Cottage Cheese		
Other Foods					



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WEEK OF Week 5

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Breakfast Burrito		Cheese Muffin		Peanut Butter Toast
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 2x fresh F/V</b>	Peaches- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Cantaloupe- fresh	Pineapples- canned, unsweetened	Mixed Fruit- fresh
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Wheat Tortilla (WG)	Crispy Rice cereal	Toasted Whole Wheat English Muffin (WG)	Cheerios cereal (WG)	Whole Wheat Toast (WG)
Other Foods <b>4x Meat/Meat Alternate</b>	Scrambled Eggs, Cheese		Cheese	Yogurt	Peanut Butter
<b>LUNCH</b>	Ham Salad Sandwich (HM)	Chicken and Noodles	Beef Goulash	Mexican Pizza (HM)	Sloppy Joes (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Chocolate Milk	Skim Chocolate Milk	Skim Milk
2 Servings of Fruit and/or Vegetables <b>3x fresh</b>	Celery Sticks- fresh	Carrots- canned	Corn- canned	Romaine and Tomato Salad- fresh	Sweet Potato Tots- frozen
	Pears- canned, unsweetened	Applesauce- unsweetened	Mixed Fruit- canned, unsweetened	Orange Wedges- fresh	Mixed Fruit- frozen, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Bread (WG)	Egg Noodles	Whole Wheat Elbows (WG)	Whole Wheat Pizza Crust (WG)	Whole Wheat Hamburger Bun (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Ham	Chicken	Ground Beef	Ground Beef	Ground Beef
Other Foods	Peanut Butter			Ranch Dressing	Sloppy Joe Sauce
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>		Cheese Crackers		Toasted Cheese Sandwich	
Fluid Milk	Skim Milk		Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>		Kiwi- fresh	Peaches- canned, unsweetened		Applesauce- unsweetened
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Cheerios cereal (WG)	Whole Wheat Crackers (WG)	Graham Cracker	Whole Wheat Bread (WG)	Animal Crackers
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>		Cheese Wedges		Cheese	
Other Foods					